



Senior Leader Spotlight



MG Michael S. Tucker
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G-3/5/7

These are exciting yet somber times for members of the Comprehensive Soldier & Family Fitness (CSF2) Team. Now more than ever your collective efforts are

needed to help the Army stem the rising tide of self-defeating behavior within the ranks of our Soldiers. Leadership across the Army is realizing the importance and value of providing resilience skills to our Soldiers and their Spouses.

Your contributions across the total scope of the CSF2 portfolio from spiritual, physical, emotional, family,

and social all contribute equally to building strong Soldiers and strong Army Families. The life-long resilience skills you teach are essential in today's Army and will endure as a requirement to ensure our Soldiers and Families are prepared for the challenges and adversity we all face in our day to day lives while serving our country.

During periods of transition, these challenges are even more significant as things such as our job, where we live, our friends and environment are all changing. While such changes are routine for seasoned Soldiers and Families, they can become a significant challenge for young Soldiers and inexperienced Spouses. We should take such matters into consideration and not for granted as we apply the CSF2 program and

focus additional efforts towards this group which is more vulnerable during such periods.

In the coming month we should see an even greater emphasis on CSF2 training as the Army recognizes our increased incidents of suicide. While much data is yet to be analyzed, CSF2 is recognized as an effective strategy to change such behavior. We all are well aware that there is no panacea or silver bullet to treat the enigma of suicide but changing the way people think about adverse situations is certainly a step towards prevention.

Thank you again for the contributions each of you make every day to strengthen our Soldiers and Families and I look forward to working with you and the CSF2 leadership as we continue to serve our Army.

Resilience Tips



Physical - Add superfoods to your grocery list such as broccoli, eggs, beets, blueberries, tomatoes and eat oily fish such as salmon three to four times per week to help build your nutritional resilience and keep your brain working optimally.



Emotional - Grab the challenge, not the way out of the challenge. As Winston Churchill put it, "A pessimist sees the difficulty in every opportunity; an optimist sees an opportunity in every difficulty".



Family - Family resilience can be developed when parents model healthy family behavior such as having dinner together and engaging everyone in affirming, healthy conversation.



Social - Know your personal strengths and which traits strengthen the character of those around you. Use those strengths to work well with others in a give and take manner. This can lead to good working relationships and strong friendships.



Spiritual - Take a break from your busy schedule to meditate on what is really important to you.

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Director's Column



COL Kenneth H. Riddle
Director, CSF2

Greetings, and thanks for reading our first Comprehensive Soldier & Family Fitness (CSF2) newsletter!

As CSF2 looks for new ways to promote the program and communicate with Master Resilience Trainers (MRTs), we thought this newsletter would be a great way to start. This will be a quarterly newsletter designed to bring you the

latest and greatest information on the CSF2 program.

Another vehicle we are developing to communicate with MRTs is the MRT Resource Center. With over 11,000 MRTs trained and dispersed around the world, CSF2 needs a method to supply you with the latest tools to be more effective. As a result, we are developing an online "one-stop-shop" website called the MRT Resource Center. Among its many uses, MRTs will have access to the latest training materials and course documents, be able to send and receive emails with CSF2 and be able to locate and

contact other MRTs by duty location. The MRT Resource Center will be available beginning mid September via the Soldier Fitness Tracker, where users access the Global Assessment Tool (GAT) and Comprehensive Resilience Modules (CRMs), as well as the CSF2 Website.

Strengthening the MRT program is one of many initiatives designed to take CSF2 into the future. Feel free to provide us with your feedback and thoughts (usarmy.pentagon.hqda-dcs-g-3-5-7.list.dcs-g357-csf-pao@mail.mil), as we look forward to your continued support.



CSF2-Performance and Resilience Enhancement Program

CSF2-PREP Helps Soldiers Enhance Mental Toughness

Sports and performance psychology often conjure up images of professional basketball players looking to improve their free-throw percentages or actresses hoping to overcome stage fright. But, for the past five years, the Comprehensive Soldier & Family Fitness-Performance and Resilience Enhancement Program (CSF2-PREP) team has used these principles to help the U.S. Army teach Soldiers how to cope with challenges they encounter in all aspects of their lives, on the battlefield and on the playing field.

CSF2-PREP training uses techniques from sport and performance psychology to give Soldiers mental skills that help enhance individual, collective, and mission performance. The team provides classroom education, one-on-one training, and field sessions that teach Soldiers to internalize effective mental skills. Trainers also support Family Readiness Groups (a program for family members that keeps them informed on their loved one's unit) and professional development seminars for Army civilian organizations.

Team Supports Army Participants at Warrior Games

The team also supports programs offered by the Army's Warrior Transition Command (WTC), which focuses on rehabilitating wounded, ill, and injured Soldiers and helping them transition back to active duty or to veteran status. As part of its work with the WTC, CSF2-PREP provided seven trainers for the 2012 Warrior Games, held April 30-May 5 at the U.S. Olympic Training Center in Colorado Springs, Colorado. The games engage more than 200 athletes from the Army, Navy/Coast Guard, Air Force, Marines, and Special Operations, who compete in seven adaptive sports, including seated volleyball, archery, cycling, wheelchair basketball, shooting, and track and field events. CSF2-PREP has supported the Army's participants since the event's inception in 2010.

The trainers help Soldiers develop individual routines and cues that

Message to MRTs from CSF2's Sergeant Major



SGM James L. Devine
Senior Enlisted Advisor,
CSF2

I would like to take this opportunity to congratulate you on your selection to represent your organization as the Master Resilience Trainer. The mission of Comprehensive Soldier & Family Fitness mission is to increase the psychological health, resilience and enhanced performance of Soldiers, Family Members and Civilians. Your support and dedication is vital in increasing resilience in the Army community to meet the operational demands worldwide. Thank you for your outstanding support and dedication to duty.

they can utilize in practice and in competition, often incorporating biofeedback techniques and other tactics that help them gain awareness of different physiological responses and learn how to regulate them.

Karen's Corner



Dr. Karen Reivich

Welcome to Karen's Corner! I am Dr. Karen Reivich, one of the University of Pennsylvania (UPENN) developers of the Master Resilience Training. I've been fortunate

to work with Comprehensive Soldier & Family Fitness (CSF2) on developing and training MRT for these past three years. Working with our Warriors, Army Families, and DA Civilians continues to be the most meaningful work I've been part of. I'm delighted to have the opportunity to share my thoughts and provide updates to you through this quarterly newsletter. I continue to be awed by the great work you are doing to "pay forward" the skills of resilience to your Troops and Families. We are making a difference!

As you know, MRT Version 2.0 has been released and can be downloaded from the MRT Resource Center on the Soldier Fitness Tracker. I am excited for you to start to work with these updated materials and want to share with you the rationale behind the "course scrub" and to provide some highlights of what has changed. And, by the way, if you have not been actively training MRT, now is a great time to start. MRT Version 2.0 is your opportunity to reconnect with the skills, reflect on your experience going through the course, and make good on your commitment to pay the learning forward to those you lead and care about.

The teams at CSF2, CSF2-Performance Resilience and Enhancement Program (CSF2-PREP), Walter Reed Army Institute of Research (WRAIR), Leadership Development Division (LDD), Army National Guard (ARNG)

and UPENN worked together to take all that we have learned from the first two and half years of training MRT and make changes to the materials so that it will be easier for you to teach the skills and easier for your students to master them. As you look at the MRT Version 2.0, you'll see its same great program--with some modifications. Below is a description of the major modifications:

1. Enhanced Trainer Instructions: We have included significantly more detail in the trainer instructions and key points so that you have more information to support you as an 8 Romeo.
2. Enhanced instructions for Practical Exercises: We have made changes to the instructions for delivering the Practical Exercises which streamline the process and maximize the student's mastering of the skill.
3. Simplified Language: We have improved the language used to describe some of the key concepts and reduced jargon.
4. Re-sequenced Rejuvenation, Mental Games and Real Time Resilience: We have deleted Energy Management from the Prepare phase of the program so that it is now fully taught in the Enhancement phase. In addition, we have moved the topic of rejuvenation directly after Detecting Icebergs so that MRTs can lead a discussion on how Icebergs can sometimes help and sometimes hinder rejuvenation. We also moved Mental Games directly before Real-time Resilience so MRTs can discuss how both skills can be used to deal with

counter-productive thoughts which are preventing a person from focusing on a task at hand.

5. Re-sequencing of Character Strength Material: We have re-sequenced the flow of Module 3: Character Strengths and have taken the Strengths in Challenges activity out of the program.

In addition to these changes, we've also created a document called MRT Version 2.0 Recalibration for MRTs which describes areas where we have found "drift" in how the program is being delivered and how to course correct so that we are all aligned in the delivery of the program. Please make the time to review the MRT Version 2.0 materials. To help you, we have posted a document titled "MRT Version 2.0 Curriculum Updates for MRTs" that lists all of the changes made. I have taught MRT Version 2.0 several times and am confident that these changes will make your job easier and, most important, will benefit those you train.

CSF2's Recipe of the QTR

A salad is a healthy meal choice, but beware of the salad dressing. A perfectly healthy and calorie friendly meal can quickly turn unhealthy. Watch those extra calories and try this easy, healthy salad dressing recipe for you next meal.

Salad Dressing Done Right:

1/2 Cup Olive Oil
1/4 Cup Balsamic Vinegar
2 Tbsp Dijon Mustard
1 Tbsp Stone Ground Mustard
1 tsp pepper
1 tsp salt

For some fun, add any or all of the following:

1 tsp honey
1 tsp chopped fresh rosemary
1 tsp chopped fresh thyme
1 tsp chopped fresh basil

Serving size equals 1 tbsp and 126 calories.

Army National Guard



In an effort to meet an enduring Comprehensive Soldier & Family Fitness (CSF2) requirement set forth by HQDA, the Army National

Guard established a Master Resilience Trainer Course (MRT-C), at the Wisconsin Military Academy 426th Regional Training Institute, in the summer of 2011. Opening the MRT-C created additional training seats for

the Army National Guard and serves to better accommodate and support the unique needs of Guard Soldiers. The Army National Guard MRT-C goes a long way toward ensuring a ready and resilient force by allowing the Guard to increase the number of trained MRTs across our organization quickly and efficiently.

The MRT Training Course at Ft. McCoy is held, on average, once a month, with 60 students enrolling in each course. This has allowed the Army

National Guard to nearly double its number of qualified MRTs in a short amount of time. The MRT-C has trained a total of 593 MRTs, which brings the Army National Guard total to 1,243 MRTs trained to date. While the establishment of this MRT-C has made significant progress towards meeting the CSF requirement, there is still more work to be done in order to place certified MRTs at the battalion level, and eventually the company-level, in the out years.

Leadership Development Division (LDD)

LDD is excited to announce that they have been working on the development, validation, and pilot of the Master Resilience Training Course (MRTC) test for Comprehensive Soldier and Family Fitness (CSF2). LDD conducted the validation in June, pilot 1 in July, and pilot 2 in August. They used results to refine test versions and questions. Once the exam becomes part of the course and after the American Council on Education (ACE) review in the future, MRTC graduates could potentially receive ACE college credit hours.

Important Dates

MRT Level I Courses:

- Fort Bragg - 10-21 September 2012
- Kuwait - 17-28 September 2012
- Fort Campbell - 22 October-2 November 2012
- Philadelphia - 5-16 November 2012
- Fort Carson - 3-14 December 2012

MRT Level II Courses:

- Philadelphia - 10-14 September 2012

MRT Level III Courses:

- Philadelphia - 1-5 October 2012

LDD at Fort Jackson is conducting 3-4 courses per month. View ATRRS for specific dates.

Fort McCoy conducts monthly Level I courses; ARNG personnel should contact Fort McCoy for enrollment.

If you have feedback on our newsletter, please send an email to usarmy.pentagon.hqda-dcs-g-3-5-7.list.dcs-g357-csf-webmaster@mail.mil

For feedback on any other aspects of CSF2, please visit <http://csf.army.mil/contact.html> for appropriate address.

Dr. Dan's Tips for Healthy Living



LTC Daniel T. Johnston
CSF2 Medical Director

Feeling down? Feeling like you just don't get things as quickly as you used to? An insufficient amount of Omega-3s in your diet may be the culprit. You've probably already heard that Omega-3s can reduce your chances of heart disease and cancer, but did you know that they've been proven to improve both mood and cognitive abilities?

There are three different types of Omega-3s. The most well known of the three, Omega-3 ALA, comes from certain plants and seeds like flax, chia seeds and almonds. Diets rich in Omega-3 ALA sources (like Mediterranean diets) "assist" in eliminating disease like heart disease and certain types of cancer. But Omega-3 ALA's lesser known counterparts, DHA and EPA, have been proven to be just as valuable in improving quality of life because Omega-3 DHA and Omega-3 EPA are critical components of brain health. Soldiers who have increased their consumption of Omega-3s DHA and EPA have reported noticeable improvements in their cognitive abilities and mood after just 4-6 weeks.

There are a couple of different sources you can use to increase your Omega-3 DHA and EPA levels. Increasing your consumption of oily fish is one way. Tuna, trout, mackerel, and salmon all contain high levels of these fatty acids. Not a fan of fish? Fish oil supplements are a viable alternative- just ensure that you're getting enough, and that they're the right type. When using fish oil supplements, always check the fish oil supplement "nutritional label" on the back of the bottle and look at the Omega-3 EPA and DHA content. Be sure to read the serving size so you know what is in each capsule. You want to get a high level of Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA) while balancing the cost of the product. Always look for high quality and high quantity. And finally, make sure that you're getting 2-3 grams of EACH every day, even if it means taking several softgels.